

Extreme Fitness Sas And Elite Forces Guide Military Workouts And Fitness Challenges For Maximising Performance

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Special Forces soldiers are not only ultimate warriors, they also have fitness and endurance levels equivalent, even beyond, world-class athletes. Whether conducting 30km route marches with 50kg of pack, or surviving the iron man standards of amphibious warfare training, the military elite have much to teach us about ultimate fitness.

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In 2001 he opened Extreme Fitness Personal Training and has never looked back. He has experience training all abilities and disabilities. Martin is a regular writer for PhillyFIT Magazine and has won multiple fitness and training awards including "Best of Bucks 2014 & 2015" , "Best personal Trainer in Bucks County 2014" and was named to the ...

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